



## Effect of nutrition on the health of the skin during pregnancy: Stretch marks

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### Abstract

**Introduction & Objective:** Pregnancy is one of the special physical conditions that occurs in most women and causes significant physiological and functional physiological changes in the body's ability to adapt to these conditions. These changes include changes in the skin. Like, stretch marks. The importance of stretch marks is that they will not be lost after the pregnancy. Therefore, the purpose of this paper is to determine the relationship between nutrition and its creation.

**Methods:** This is a cross-sectional study that was conducted to determine the frequency of Stretch marks and its relation with nutrition in 288 primiparous pregnant women referred to Shaheed Mostafa Khomeini Hospital. Data analysis was performed using Spearman correlation test and Chi-square test.

**Results:** In this study, 288 primiparous women with an average age of  $25.6 \pm 4.2$  years were studied. The average daily intake of water and beverages was  $4.1 \pm 1.4$  glasses. The average daily fruit and vegetable consumption was  $2.9 \pm 0.9$  serving size. The average daily protein intake was  $1.17 \pm 0.4$  gr and the mean daily milk consumption was  $2.8 \pm 0.78$  glasses. The severity of stretch marks was significant reverse correlated ;with daily intake of fluids and fruits and vegetables respectively; ( $P < 0.001$   $r = -0.41$ ), ( $P = 0.003$   $r = -0.17$ ). But there was a significant direct correlation with dairy consumption ( $P = 0.009$   $r = 0.15$ ).

**Conclusion:** Nutrition is one of the important factors affecting Stretch marks during pregnancy and requires more research.

**Keywords:** Nutrition, Stretch marks, Pregnancy, primiparous



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